

| GMT | Crew | Activity |
|-------------|------|--|
| 13:45–13:55 | | Morning inspection |
| 13:55–14:25 | | Post-sleep |
| 14:25–15:15 | | BREAKFAST |
| 16:05–16:20 | FE-1 | Private family conference (<i>S-band</i>) |
| 16:05–16:10 | CDR | Calldown of CΠ counter status |
| 16:10–16:15 | | Calldown of CBO water supply status |
| 16:30–17:30 | FE-1 | ITCS fluid sampling (11A) |
| 17:00–18:00 | CDR | PMA2 repress and checkout |
| 17:35–17:50 | FE-2 | Private family conference (home phone #) |
| 17:55–18:00 | FE-1 | Major Component Analyzer (MCA) calibration |
| 18:00–18:10 | | US LAB daily payload status check |
| 18:00–19:30 | FE-2 | Physical exercise (TVIS + active rest / day 1) |
| 18:10–18:20 | FE-1 | PCG-STES video setup |
| 18:20–18:35 | | PCG-STES 007 deactivation |
| 18:35–18:45 | | EVARM badge reader activation |
| 18:45–19:00 | | HRF PC HDD removal |
| 19:00–19:15 | | EVARM: pre-EVA background read |
| 19:10–19:25 | CDR | Private family conference (home phone #) |
| 19:15–19:20 | FE-1 | Major Component Analyzer (MCA) calibration |
| 19:20–20:50 | FE-1 | Physical exercise (RED) |
| 19:30–21:00 | CDR | Physical exercise (TVIS + active rest / day 1) |
| 21:00–22:00 | | LUNCH |
| 23:45–00:45 | CDR | Physical exercise (TVIS-1) |
| 00:00–01:00 | FE-1 | Physical exercise (CEVIS-1) |
| 00:45–01:45 | FE-2 | Physical exercise (TVIS-1) |
| 01:45–02:15 | | Daily plan review |
| 02:15–02:30 | | Daily planning conference (<i>S-band</i>) |
| 02:30–03:00 | | Report prep |
| 03:00–03:30 | | DINNER |
| 03:30–04:00 | | Daily food prep |
| 04:00–05:00 | | Pre-sleep |
| 05:00–13:45 | | SLEEP |

Note: See OSTP for references to US procedures

End of radiogram